



Western Heights Uniting Church

31 Douglass Street, Herne Hill, 3218.

(03) 5229 2681

Email: office@whuc.com.au

Website: www.whuc.com.au



Loving God: Growing Together, Partnering Community, Sharing Faith

WESTERN HEIGHTS UNITING CHURCH

April 2015 Newsletter

April at a Glance

Thursday 2nd	7.00pm	Holy Thursday
Friday 3rd	9.30am	Good Friday Meditations
	7.00pm	Small Groups Contacts Meeting
Saturday 4th	5.30pm	Saturday Vigil
Sunday 5th	8.45am	No early service
	10.15am	Worship
		Daylight ends turn back clocks 1 hour.
Friday 10th	7.00pm	KFG—Board Games
Saturday 11th	8.00am	Working Bee @ WHUC
Sunday 12th	10.00am	Worship
Sunday 19th	10.00am	Worship & Congregational Lunch
Tuesday 21st	2.00pm	Midweek Communion
	7.00pm	Friends from Vines
Saturday 25th	7.30pm	Friendship Club
Sunday 26th	10.00am	Worship
	4.00pm	Messy Church
Wednesday 29th	7.00pm	Church Council Meeting

April Preaching Plan

Western Heights Services:

Thursday 2nd	7.00pm Rev. Isabel Greenall	Holy Thursday
Friday 3rd	9.30am Rev. Isabel Greenall	Good Friday Meditations
Saturday 4th	5.30pm Rev. Isabel Greenall	Saturday Vigil
Sunday 5th	8.45am No Service	
	10.15am Rev. Isabel Greenall	Easter Day celebration & communion
Sunday 12th	10.00am Rev. Isabel Greenall	
Sunday 19th	10.00am Rev. Isabel Greenall Rev. John & Ann Connan	All Together Service & Communion
Tuesday 21st	2.00pm Audrey Kateena	Midweek communion
Sunday 26th	10.00am Rev. Isabel Greenall	
	4.00pm Messy Church	

Other Services:

Sunday 5th	Audrey Kateena	Vincentian Village 1.30pm
Sunday 12th	Michele Hardy	McKellar
Tuesday 28th	Audrey Kateena	Vincentian Village 3.00pm

Western Heights Mission Outreach 2015

Wednesday 1st April, 2015

Easter Theme

Dorothy Matthews - 5278 9491

Small Group Contacts Meeting

1. Contacts Meeting

All the contact people of the Small Groups are invited to a meeting in the Minya Room **7-8:30pm Friday 3rd April**. For more details see Isabel Greenall or Roger Dingle.

2. Possible Study Material

A new resource has been released by the Synod of Vic-Tas called "A New Season". It has arisen out of the Major Strategic Review of the Synod and connects in well with the road we have been travelling together in discerning our purpose/goals/action plan for the next 3 years. If your group would like to consider using this material, there are copies available in the office and details are as follows (from the website <http://listeningpost.victas.uca.org.au/a-new-season>)

"A new season in the life of the Church has come upon us. This is not the first time, nor will it be the last, that Christ's church has had to make revolutionary change.



This *New Season* set of studies helps us reflect on "Who is God Calling us to become in the new season?". Written by Uniting Church people who are actively engaged in mission, these six sessions each contribute a challenging bible study that engages us with the difficult

questions we need to ask.

Study one: Good News and the mission of God

Study two: Discipleship and faith formation

Study three: Leadership

Study four: Relationships and partnerships

Study five: Risk-taking

Study six: Evangelism & communicating the Good News"

KFG (Kids Friendship Group)

Board Games

In Horizons Room

Friday 10th April, 2015

7pm—8.30pm

\$3.00

RSVP to Karen by Thursday 9th April

Karen.morgan1968@hotmail.com or 0404435261

Friends from Vines

"Film Night"

Tuesday 21st April, 2015

7.00pm in the Horizons Room.

Cost Gold coin donation

All ladies welcome

Joan 5241 5683

MLG—Mission Liaison Group

Article written by Rev. John Connan who will be at WHUC for worship on **Sunday 19th April, 2015**.

Kiribati calls for work items

by John Connan

DOWN at the Shed in Keysborough the MLG team has already been hard at work this year.

One container for Samoa is already on its way. One container for Vanuatu has been sealed and will be on its way by the time you're reading this. Eye clinic equipment and spectacles; dental resources and the usual school and kinder supplies make up the majority of the contents. One container for the Solomon Islands is half packed as this is being written. Much of the contents is for Helena Goldie Hospital: mattresses; baby equipment; fridges; fans; wheelchairs and walkers; medical supplies. For the Women's Department there are sewing supplies. One container for Tonga is half filled with playground equipment given by the Noble Street UCA, Geelong, as well as Tongan friends. Along with those goods there's also school and kinder furniture and supplies. Each container has between 100 and 200 backpacks. Next in line to receive a container is Kiribati. The General Secretary of what is now the Kiribati Uniting Church has asked for items we don't have in stock. It would be good to source these if we can within the next month or so:

- Ladders - long reach;
- Scaffolding;
- Carpentry tools;
- House doors;
- Mechanical tools;
- Circular saw;
- Working boots - large and small;
- Wheelbarrows;
- Shovels and spades;
- Work gloves;
- A tent to hold 50 - 100 people.

Thanks to all those groups and individuals who continue to generously support the cost of freight to get the goods we're given to the Pacific. We need about \$40,000 - \$45,000 each year to send one container to each of PNG; Solomon Islands; Vanuatu; Tonga; Samoa and Kiribati. We recently conducted a survey of the recipients. The results confirmed the value of giving good quality goods a 'second life' in the Pacific.



Join us at Western Heights Uniting Church this Easter

2 April – Holy Thursday

7-7:30pm // The night before ... a quiet service

3 April – Good Friday Meditations

9:30-10:30am // A reflective walk in Geelong West, beginning and ending in West Park, cnr Autumn & Pakington Streets. Route details provided for people who need to drive between stops.

4 April – Saturday Vigil

5:30-6pm // A time to be still, to wait and to meditate

5 April – Easter Day

10:15am // Celebration and Holy Communion

Western Heights Uniting Church, 31 Douglass St,
Herne Hill, 3218, **ph:** 5229 2681, **email:** office@whuc.com.au
web: www.whuc.com.au





WESLEY HYMNFEST &

Light Tea

Sunday 24th May 2015 - 2.30pm

Western Heights Uniting Church
Douglass Street, Herne Hill

**A service of inspiration
followed by fellowship over food**

Admission by ticket only
Donation: \$15 per person

Contact
Barry: 5241 7073 *Plan now to come*
Jenice: 5278 3135 *tickets available mid-March*



**ANZAC DAY - 25TH APRIL, 2015
CENTENARY OF WORLD WAR I**

Will Be Held
7.30 pm in Horizons Room

OUR PROGRAM WILL CONSIST OF A SPECIAL TRIBUTE
TO THE MEN AND WOMEN
WHO SERVED IN WORLD WAR I

LET US REMEMBER THEM AND THEIR SACRIFICE APPROPRIATELY.

PLEASE BRING ALONG ANY MEMORABILIA THAT YOU MAY HAVE IN
RESPECT TO WORLD WAR I
FOR OUR DISPLAY PURPOSES

*Exhibitors to be in charge of their own memorabilia
to answer questions and for security purposes.*

***** PLEASE NOTE *****

Neither
Western Heights Uniting Church
nor

Western Heights Uniting Church Friendship Club
will be held responsible for any damage or theft
to these items.

ALL WELCOME

Sponsored By
WESTERN HEIGHTS UNITING CHURCH FRIENDSHIP CLUB

ANY ENQUIRIES: PLEASE CONTACT GIL OR LEILA GREEN 5278 4767



Entertainment Books

The Entertainment Books will be on sale again this year at a cost of \$55.00. The books will be available on **Sunday 19th April 2015**. If you wish to take up the Early Bird Offers you must have money and orders into

Helen Sleep or order online by **Sunday 12th April, 2015**. See the great 6 extra offers (Flying Brick Cider House, Ambrosia, King George Fish & Grill, Down the Alley, Mix & Go Fro Yo & Leleas) beside that can be also included if you wish to take up this offer.

Vines Rd Op Shop Update— 26 February 2015

The Vines Rd Op Shop is continuing to evolve into its new structure.

Trading under the new structure with the Work for the Dole staff started on Monday 15th December with a break for Christmas and then resumed on Monday 5th January. The shop has been trading on Monday and Tuesday each week when Frances Yelland is manager. This week the shop commenced trading on Wednesday with Nicole Pertzel as manager, and the aim is for it to trade five days a week.

The Work for the Dole staff are receiving training in various aspects of a retail business including customer service, looking after displays and stock sorting and processing. UnitingCare Geelong has to provide each of the Work for the Dole staff with fifteen hours of work a week and to do this the staff will be placed into two teams of four staff plus a manager. It is planned also to provide a washing machine, dryer and steamer to allow the staff to wash and clean donations of clothing that require this and to give them skills in this area.

UnitingCare Geelong sees one of the roles of the shop to be to assist Work for the Dole staff to become ready for employment, and one of the measures of the success of the shop will be the number of staff who find work while being part of the Vines Road Team. Two staff have already found jobs and another two have applications in for jobs so all of us at UnitingCare are extremely pleased for these members of the team.

Everyone at Western Heights U C is invited to visit the shop and as always donations of clothing and stock will be gratefully accepted.

Des Youngusband
Chief Executive Officer
UnitingCare Geelong

entertainment Early Bird Offers

Thank you for your purchase of the new 2015-2016 Geelong and Ballarat Entertainment Book!

Your advance purchase of the new Entertainment Book contributes to our fundraising and ensures you'll get your Book when they become available in mid April, 2015. Thanks for your support, please enjoy these early bird offers that you can use straight away! One voucher code for each offer.

entertainment \$30 OFF PUNISHED CIDERHOUSE You and your guests are invited to enjoy 20% off the total bill. (Minimum spend \$100.00)	entertainment \$30 OFF KING GEORGE FISH & GRILL You and your guests are invited to enjoy 20% off the total bill. (Minimum spend \$100.00)	entertainment \$30 OFF DOWN THE ALLEY You and your guests are invited to enjoy 20% off the total bill. (Minimum spend \$100.00)
entertainment \$30 OFF MIX & GO FRO YO You and your guests are invited to enjoy 20% off the total bill. (Minimum spend \$100.00)	entertainment \$30 OFF LELEAS You and your guests are invited to enjoy 20% off the total bill. (Minimum spend \$100.00)	entertainment \$35 OFF FLYING BRICK CIDER HOUSE You and your guests are invited to enjoy 20% off the total bill. (Minimum spend \$100.00)

CUSTOMER RECEIPT
00417
Group name:
Contact name:
Contact number:
Total Payment (inc GST):
Number of Geelong and Ballarat Entertainment Books purchased:

30 Years of Multicultural
Celebrating diversity 1985 - 2015

Uniting Church in Australia
SYNOD OF VICTORIA AND TASMANIA

Let's celebrate our diversity

It is 30 years since the UCA declared itself to be a Multicultural Church.

INTERCULTURAL SERVICE OF CELEBRATION

4PM . SATURDAY
23 . MAY . 2015

GLEN WAVERLEY UNITING CHURCH
(Cnr Bogong Av and Kingsway, Glen Waverley)

MULTICULTURAL AFTERNOON TEA AT 2.30 PM
(Fund raising fellowship tea for the NextGen trip to China)



**THE PROGRESSIVE CHRISTIAN NETWORK
OF VICTORIA INC** <http://www.pcnvictoria.org.au>

invites you to

**"The Once and Future Bible:
Reading the Scriptures today"**

by

Rev Dr Gregory Jenks

WHEN: Sunday 26th April 2015
3:00pm to 5:00pm

WHERE: St Luke's Uniting Church
174 Barrabool Road, Highton, Geelong, Vic 3216.
(Cnr of Barrabool and Scenic Rds. Melway Ref. Page 451 A9)

D2K Day



D2K Day (Dying to Know Day) is held annually on 8th August. The aim of D2K Day is to provide a way for the Australian community to share knowledge and become better equipped at supporting each other as we experience death, dying and bereavement.

The Pastoral Care Ministry Team at its last meeting supported a recommendation that Western Heights host an event on **Saturday 8th August** this year. Volunteers are now being sought for the organising team. Contact Audrey Kateena, 0435 0664 088, pastoral.carer@gmail.com for further details.

Caring for the Carer

Many in this congregation care for others. How often do we hear of carers themselves requiring care? It is so important that carers don't overlook caring for themselves.

The following hints are recommended as part of a carer's routine in maintaining their own physical and mental well being:

Sleep and Rest

Recent articles have indicated that sleep (or lack of it) can have far reaching consequences on our health. Lack of sleep can often add to the stress we are already experiencing. Be aware of tiredness, take a catnap during the day, and don't hesitate to seek some support for night relief if the care you're providing means you're losing sleep overnight.

Eating well

When busy or tired it can be tempting to take short cuts. But regular, healthy meals are essential for our long term health. Planning and cooking meals ahead of time then freezing them for later use can help avoid the temptation to skip meals, or eat lots of take aways. Friends are often only too willing to help out. Frozen meals with a Heart Foundation tick are a good alternative. Snacking on fresh fruit and nuts also help maintain a healthy diet.

Exercise

Regular exercise not only helps maintain physical fitness, it is an excellent way to relieve stress. A short walk, attending an exercise class or even using an exercise DVD at home are different ways of exercising.

Take a Break

All too often carers feel guilty about taking a break. But regular breaks from the intensity of being someone's care provider is essential in preventing burnout and exhaustion. It's actually more caring to take a break than not to take a break!

Breaks can be short or long and can be organised by asking family or friends to help or by accessing local respite services.

Talk to Someone

It is important to have a person who you can talk to. Family, friends, your small group, pastoral partner, and Audrey and Isabel can all play their role in providing you with support. Don't hesitate to seek the help of a health professional if feelings of anxiety, stress or depression persist.



Playgroups are held in the Horizons Room on: **Tuesday mornings and Friday mornings 9:30-11.30am.**

Pew Sheet

If anyone wishes to receive the Pew Sheet information by email each week, please give your name and email address to Jan in the office.

Aluminium Foil

The Leprosy Mission is able to raise funds from the sale of many forms of recycled aluminium foil and cans. Please assist this worthy cause by leaving your used foil in the appropriate box in the foyer.

Future Monthly Newsletters

To be included in the Monthly Newsletter, please ensure your notices are at the church office by the **20th of the preceding month**. They can be dropped in to the office in a clearly marked envelope, or emailed to the office, at office@whuc.com.au

SacredEdge

Spirituality in Diversity

Including:

- Welcome to Country & Smoking Ceremony
- Music Performances
- Interactive Art Space
- Keynote Speakers
- International Dinner
- Kid's Space
- Mindfulness Space

Exploring:

- Living together in an enriching way.
- Newer and broader ideas about the sacred
- building inclusive community

Focusing:

- Refugees
- Indigenous
- LGBTI
- Mindfulness
- Sustainability

a festival
of arts, music,
& spirituality
Queenscliff Uniting Church
1,2,3 May 2015

Festival Enquires: 52581986

Registration: 5258 2854
unitingqueenscliff@iinet.net.au

www.unitingqueenscliff.org.au
contemplation creativity compassion



Do we have your ICE contacts?

NO, we're not asking about drug dealers. We're asking about who we should contact In Case of Emergency. If something happens while you're with us or we're unable to make contact with you, it's helpful to have these details. Please complete the following details and leave at the office or forward to Office@whuc.com.au (It is also recommended you include name and phone number under ICE in your mobile phone address book)

NAME OF CONTACT, RELATIONSHIP TO YOU, PHONE NUMBER(S), ADDRESS.

Contact Details

Leadership Team:

Minister:	Rev. Isabel Greenall	minister@whuc.com.au	5250 5930
	Isabel's day off is Monday so please refrain from contacting her on this day.		0419 602006
Church Administrator:	John Matthews	dotjohn1b@gmail.com	5278 9491
Children's Ministry Co-ordinator:	Karen Morgan	karen.morgan1968@hotmail.com	5276 1042
Pastoral Care Contact:	Audrey Kateena	Pastoral.Carer@gmail.com	0435 064 088
Church Council Chair:	Rodger Marsden	eagles@pipeline.com.au	0419 717 774
Property Co-ordinator	Graeme Hardy	graeme.c.hardy@gmail.com	0408 630 391

Communications

Administrator:	Jan Grigg	5229 5889
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<u>WHUC Office:</u>	Phone:	5229 2681
	Office hours:	Wed: 1.30pm - 3.30pm Fri : 9am – 1:00pm
	Office email:	office@whuc.com.au
	Website:	www.whuc.com.au—under construction
	Facebook:	www.facebook.com/pages/Western-Heights-Uniting-Church/167518399975533